





INSPIRED SENIOR LIVING

March 2024



ASPEN WOODS
INSPIRED SENIOR LIVING

Aspen Woods - Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>SUNDAY MAR 17</p> <p>St. Patrick's Day</p>	 <p>SUNDAY MAR 31</p> <p>Easter</p>				<p>National Sales Person Day 1</p> <p>9:00 Go4Life Walking Club (LOB)</p> <p>9:15 CPO Open Rehearsal (BT)</p> <p>10:00 Drumfit (HT)</p> <p>1:30 Bingo (PUB)</p> <p>3:00 Indoor Bocce (PUB)</p> <p>6:30 Romance Movie Night (HT)</p>	<p>10:00 Cardio Exercises (FC) 2</p> <p>1:00 Cribbage (PUB)</p> <p>3:00 Happy Hour (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Comedy Movie Night (HT)</p>
<p>9:00 RC Church Service (HT) 3</p> <p>10:00 Fit Minds (CON)</p> <p>10:30 Video Exercises (HT)</p> <p>2:00 Movie Matinee (HT)</p> <p>6:30 Classic Movie Night (HT)</p>	<p>9:00 Go4Life Walking Club (LOB) 4</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Weight Exercises (FC)</p> <p>1:30 Fit Minds (PUB)</p> <p>3:00 Hand Therapy (CK)</p> <p>3:30 Coffee Chat (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Movie Night (HT)</p>	<p>9:00 News & Views (PUB) 5</p> <p>10:00 Balls & Bands Exercise (FC)</p> <p>10:30 Coffee with Kiran (PUB)</p> <p>1:00 Tile Rummy (PUB)</p> <p>1:30 Tuesday Tech Time (LEO)</p> <p>2:30 Meet Me At The MoMA (PUB)</p> <p>6:30 Learning Tuesday Movie Night (HT)</p>	<p>9:00 Go4Life Walking Club (LOB) 6</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Balance & Stretch (FC)</p> <p>3:00 Sing Along (PUB)</p> <p>4:30 Living Loving Local Dinner (DR)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Movie Night (HT)</p>	<p>9:00 News & Views (PUB) 7</p> <p>10:00 Mindful Movement (FC)</p> <p>1:00 Cribbage (PUB)</p> <p>1:30 Aspen Landing (BT)</p> <p>2:00 Jeopardy (PUB)</p> <p>6:30 Movie Night (HT)</p>	<p>International Women Day 8</p> <p>9:00 Go4Life Walking Club (LOB)</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Drumfit (HT)</p> <p>10:45 Artful Enrichment (CK)</p> <p>12:00 Women's Day Tea/Lunch (PDR)</p> <p>1:30 Bingo (PUB)</p> <p>3:00 Crosswords (HT)</p> <p>6:30 Romance Movie Night (HT)</p>	<p>10:00 Cardio Exercises (FC) 9</p> <p>1:00 Cribbage (PUB)</p> <p>3:00 Happy Hour (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Comedy Movie Night (HT)</p>
<p>9:00 RC Church Service (HT) 10</p> <p>10:00 Fit Minds (CON)</p> <p>10:30 Video Exercises (HT)</p> <p>3:00 Second Sunday Songs with Hannah (HT)</p> <p>6:30 Classic Movie Night (HT)</p>	<p>9:00 Go4Life Walking Club (LOB) 11</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Weight Exercises (FC)</p> <p>1:30 Baking (CK)</p> <p>3:00 Hand Therapy (CK)</p> <p>3:30 Coffee Chat (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Movie Night (HT)</p>	<p>9:00 News & Views (PUB) 12</p> <p>10:00 Balls & Bands Exercise (FC)</p> <p>1:00 Tile Rummy (PUB)</p> <p>1:30 The Nut Man (LOB)</p> <p>1:30 "Well Done" Alteration Services (FC)</p> <p>2:30 Meet Me At The MoMA (PUB)</p> <p>6:30 Learning Tuesday Movie Night (HT)</p>	<p>9:00 Go4Life Walking Club (LOB) 13</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Balance & Stretch (FC)</p> <p>2:30 Birthday Party (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Movie Night (HT)</p>	<p>9:00 News & Views (PUB) 14</p> <p>10:00 Mindful Movement (FC)</p> <p>1:00 Cribbage (PUB)</p> <p>1:30 Aspen Landing (BT)</p> <p>2:00 Crosswords (HT)</p> <p>6:30 Movie Night (HT)</p>	<p>9:00 Go4Life Walking Club (LOB) 15</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Drumfit (HT)</p> <p>10:45 Artful Enrichment (CK)</p> <p>2:30 St. Patrick's Day Celebration (PUB)</p> <p>6:30 Romance Movie Night (HT)</p>	<p>10:00 Cardio Exercises (FC) 16</p> <p>1:00 Cribbage (PUB)</p> <p>3:00 Happy Hour (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Comedy Movie Night (HT)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 RC Church Service (HT) 17</p> <p>10:00 Fit Minds (CON)</p> <p>10:30 Video Exercises (HT)</p> <p>2:00 Movie Matinee (HT)</p> <p>6:30 Classic Movie Night (HT)</p>	<p>9:00 Go4Life Walking Club (LOB) 18</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Weight Exercises (FC)</p> <p>1:30 Fit Minds (PUB)</p> <p>3:00 Hand Therapy (CK)</p> <p>3:30 Coffee Chat (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Movie Night (HT)</p>	<p>9:00 News & Views (PUB) 19</p> <p>10:00 Balls & Bands Exercise (FC)</p> <p>1:00 Tile Rummy (PUB)</p> <p>2:30 Meet Me At The MoMA (PUB)</p> <p>6:30 Learning Tuesday Movie Night (HT)</p>	<p>9:00 Go4Life Walking Club (LOB) 20</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Balance & Stretch (FC)</p> <p>3:00 Sing Along (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Movie Night (HT)</p>	<p>Cruise Week 21</p> <p>9:00 News & Views (PUB)</p> <p>10:00 Mindful Movement (FC)</p> <p>10:30 Travel to Southern Spain (HT)</p> <p>1:00 Cribbage (PUB)</p> <p>2:00 Meet Me At The MoMA (PUB)</p> <p>3:00 Cruise Week Cocktail Hour (PUB)</p> <p>4:30 Cruise Week Gala Dinner (DR)</p> <p>7:30 Flamenco Dance Performance (PUB)</p>	<p>Cruise Week 22</p> <p>9:00 Go4Life Walking Club (LOB)</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Drumfit (HT)</p> <p>10:30 Armchair Travel to Morocco (HT)</p> <p>1:30 Bingo (PUB)</p> <p>3:00 Cruise Week Cocktail Hour (PUB)</p> <p>6:30 Romance Movie Night (HT)</p>	<p>Cruise Week 23</p> <p>10:00 Cardio Exercises (FC)</p> <p>10:30 Armchair Travel to Italy (HT)</p> <p>1:00 Cribbage (PUB)</p> <p>1:00 Mediterranean Open House</p> <p>2:00 Cruise Week Artful Enrichment (CK)</p> <p>3:00 Cruise Week Cocktail Hour (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Comedy Movie Night (HT)</p>
<p>Cruise Week 24</p> <p>National Cocktail Day</p> <p>9:00 RC Church Service (HT)</p> <p>10:00 Fit Minds (CON)</p> <p>10:30 Video Exercises (HT)</p> <p>2:00 Movie Matinee (HT)</p> <p>3:00 Cruise Week Cocktail Hour (PUB)</p> <p>6:30 Classic Movie Night (HT)</p>	<p>Cruise Week 25</p> <p>9:00 Go4Life Walking Club (LOB)</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Weight Exercises (FC)</p> <p>10:30 Armchair Travel to Greece (HT)</p> <p>11:30 Captain's Lunch (DR)</p> <p>1:00 Baking Baklava (CK)</p> <p>3:00 Hand Therapy (CK)</p> <p>3:00 Cruise Week Cocktail Hour (PUB)</p> <p>3:30 Coffee Chat (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Movie Night (HT)</p>	<p>Cruise Week 26</p> <p>9:00 News & Views (PUB)</p> <p>10:00 Balls & Bands Exercise (FC)</p> <p>10:30 Catholic Mass (HT)</p> <p>11:00 Marko's Kitchen Restaurant (BT)</p> <p>1:00 Tile Rummy (PUB)</p> <p>1:30 The Nut Man (LOB)</p> <p>1:30 "Well Done" Alteration Services (FC)</p> <p>1:30 Chef's Demo (CK)</p> <p>3:00 Cruise Week Cocktail Hour (PUB)</p> <p>6:30 Evening Dance (PUB)</p>	<p>Cruise Week 27</p> <p>9:00 Go4Life Walking Club (LOB)</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Balance & Stretch (FC)</p> <p>10:30 Anglican Church Service (PUB)</p> <p>10:30 Armchair Travel to France (HT)</p> <p>2:00 Pool Party (POOL)</p> <p>3:00 Cruise Week Cocktail Hour/Sing Along (PUB)</p> <p>4:30 Cruise Gala Dinner (DR)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Movie Night (HT)</p>	<p>9:00 News & Views (PUB) 28</p> <p>10:00 Mindful Movement (FC)</p> <p>1:00 Cribbage (PUB)</p> <p>1:30 Aspen Landing (BT)</p> <p>2:00 Crosswords (HT)</p> <p>6:30 Movie Night (HT)</p>	<p>Good Friday 29</p> <p>9:00 Go4Life Walking Club (LOB)</p> <p>10:00 Drumfit (HT)</p> <p>2:00 Video - Handel's Messiah Montreal Symphony (HT)</p> <p>6:30 Romance Movie Night (HT)</p>	<p>10:00 Cardio Exercises (FC) 30</p> <p>1:00 Cribbage (PUB)</p> <p>3:00 Happy Hour (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Comedy Movie Night (HT)</p>
<p>9:00 RC Church Service (HT) 31</p> <p>10:00 Fit Minds (CON)</p> <p>10:30 Video Exercises (HT)</p> <p>2:00 Movie Matinee (HT)</p> <p>6:30 Classic Movie Night (HT)</p>						